

Rio Rancho Egg Bowl

1 serving, 9 WW points

2 whole eggs

3 egg whites

1/3 cup reduced fat shredded Mexican cheese

1/2 cup Rio Rancho taco meat or any taco meat

tomato, diced (optional)

reduced fat sour cream (optional)

In a bowl whisk together the 2 whole eggs and the 3 egg whites. In a skillet scramble the eggs over medium heat until soft but set. Add cheese and taco meat and heat through. Serve with tomato and sour cream if desired. You can cut down on points by using just egg whites or Egg Beaters.

From Lacey at www.laceywithlove.blogspot.com